

(88) Tuesday 31st October 2023
Book 40

Title: How to prevent depression: ^{Part 1}
- Bismillahir Rahmani -
r Raheem

- In The Name of Allah
The Entirely Merciful
The Especially Merciful

Text/Matn

1. My personal advice on preventing/avoiding depression is to completely turn back to Allah; and to realise, that this calamity can be prevented (by the will of Allah), from the Qadar of Allah to the Qadar of Allah (predetermination of Allah).
However; one must be diligent and extremely cautious; and immediately take the means required to prevent such a calamity.
1. One must turn back to Allah immediately.